

# MANAGING BEHAVIORS ASSOCIATED WITH DEMENTIA: RESOURCE GUIDE FOR HEALTHCARE PROFESSIONALS

An estimated four to five million older adults live with dementia in the United States, and the care of these individuals presents unique challenges to health and human service delivery systems<sup>1</sup>. Various organizations and health plans are committed to providing resources that support dementia care management and address difficult behaviors. A number of resources are available for providers serving individuals with dementia, and several recommendations are included below.

Please note that some of the resources listed below may have an associated cost.

## INFORMATION HUBS

The national **Alzheimer's Association** website has a Health Care Professionals Resource Center with clinical guidance on assessment, treatment, and care management for individuals with Alzheimer's and dementia. The site includes a download link for a free pocket-card app that allows easy access to information and assessment tools from a phone or tablet, educational packets, briefs, tools, and a subscription to e-news.

 <http://www.alz.org/health-care-professionals/health-care-clinical-medical-resources.asp>

The **National Institute on Aging** website has a page with resources for professionals serving individuals with Alzheimer's and related dementias. The site includes free clinical practice tools, training materials, and patient education materials for clinicians and other care professionals.

 <https://www.nia.nih.gov/health/alzheimers-dementia-resources-for-professionals>

## RECOMMENDED TRAININGS & TOOLKITS

**Alzheimer's Greater Los Angeles** published a *Dementia Care Management Toolkit* that includes tools for health care professionals to support dementia care management, such as assessment instructions.

 <http://www.alzgia.org/wp-content/uploads/2017/01/DCM-Toolkit.pdf>

In addition to this toolkit, they house a number of online trainings that are self-paced modules with continuing education contact hours for various professionals. Topics include: Fundamentals of

<sup>1</sup> Langa, KM, Larson EB, Crimmins EM, Faul JD, Levine DA, Kabeto MU, Weir DR. A Comparison of the Prevalence of Dementia in the United States in 2000 and 2012. *Jama Internal Medicine*. Retrieved from <http://preview.thenewsmarket.com/Previews/JOUR/DocumentAssets/455096.pdf>

Alzheimer's for Healthcare Professionals; Effective Strategies for Managing Behavioral Symptoms of Dementia; and Caring for Family Caregivers.

<http://www.alzgia.org/professionals/in-person-web-trainings/>

**Resources for Integrated Care** is a website that supports plans and providers in their efforts to deliver more integrated, coordinated care to Medicare-Medicaid enrollees. The website offers several resources to support providers serving individuals with dementia, including the webinar *Understanding and Responding to Behavioral Symptoms Among Individuals with Alzheimer's Disease and Related Dementias*.

[https://www.resourcesforintegratedcare.com/older\\_adults/gcc/webinar/webinar4](https://www.resourcesforintegratedcare.com/older_adults/gcc/webinar/webinar4)

## PRINTABLE FACT SHEETS FOR PATIENTS & CAREGIVERS

The national **Alzheimer's Association** provides a number of downloadable resources that healthcare professionals may find helpful to share with patients and families. These are categorized by specific stages of the disease.

[http://www.alz.org/health-care-professionals/patient-information-education-care-resources.asp#patient\\_resources](http://www.alz.org/health-care-professionals/patient-information-education-care-resources.asp#patient_resources)

**Alzheimer's Greater Los Angeles** publishes *Plain Language Fact Sheets on Behavioral Symptoms and Care Challenges* for staff or family caregivers. These fact sheets focus on understanding and managing common care challenges such as bathing, getting lost, paranoia, and mood changes and are available in English and Spanish.

<http://www.alzgia.org/CaregiverTipSheets>

**Alzheimer's Greater Los Angeles** also developed a publication called *Care Transitions Notebook: Caring for Someone with Memory Loss or Alzheimer's After a Hospitalization* which is meant to help caregivers better understand dementia and how to care for someone after an Alzheimer's-related hospitalization. The notebook is available in English, Spanish, Korean, and Armenian versions.

<http://www.alzgia.org/professionals/hospital-home-transitions/>

*Special thanks for contributions to this guide:*

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The Medicare-Medicaid Coordination Office (MMCO) in the Centers for Medicare & Medicaid Services (CMS) seeks to ensure that beneficiaries enrolled in both Medicare and Medicaid have access to seamless, high-quality health care that includes the full range of covered services in both programs. This brief is intended to support health plans and providers in integrating and coordinating care for Medicare-Medicaid enrollees. It does not convey current or anticipated health plan or provider requirements. For additional information, please go to [www.resourcesforintegratedcare.com](http://www.resourcesforintegratedcare.com). Please submit any feedback on this brief or topic suggestions for other briefs to [RIC@Lewin.com](mailto:RIC@Lewin.com).